

OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS AFTER SEX

Types of Emergency Contraception

How well does it work?

How soon do I have to use it?

How do I use it?

Where can I get it?



ParaGard IUD

Almost **100%** effective



Within **5** days



It's placed in the uterus by a health care provider



Keeps working as super effective birth control.

From a health care provider



Say it's for EC so you are scheduled quickly.



ella



Less effective if over 195 pounds. Try a ParaGard IUD.

ASAP



Works better the sooner you take it, up to 5 days.

Take the pill as soon as you get it



Remember to use it every time you have unprotected sex.

From a health care provider



Get an extra pack for future emergencies.



Plan B One-Step or a generic



Less effective if over 165 pounds. Try ella or ParaGard.

ASAP



Works better the sooner you take it, up to 3 days.

Take the pill(s) as soon as you get it



Remember to use it every time you have unprotected sex.

At a pharmacy, no prescription needed



Get an extra pack for future emergencies.